

Turkey and Cucumber Sandwich

Makes: 4 Servings

These sandwiches, flavored with herbs and spices, are sure to hit the spot. With whole grains, lean protein, and dairy, this well-rounded, MyPlate meal will keep you satisfied all afternoon.

Ingredients

4 slices whole wheat bread
4 slices enriched white bread
1/2 cup plain fat free yogurt
2 teaspoons fresh dill, chopped or 1 teasspoon dried dill
1/2 cup cucumbers, chopped
1/4 cup onion, chopped
1/8 teaspoon black pepper
8 ounces turkey breast, thinly sliced ((or you can use turkey breast lunchmeat, fat free, low-sodium))
1/8 teaspoon salt (optional)

Directions

Mix the yogurt, dill, onion, pepper and chopped cucumbers. Divide the yogurt/ cucumber mixture on all 8 slices of bread, top the whole wheat bread with turkey, cucumber slices and cover with the white bread.

Notes

Amount of Each Food Group Per Serving:

Fats: 0

Milk, Yogurt, Cheese: 1/8

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2

Fruits, Vegetables: .5

Bread, Cereal, Rice, Pasta: 2

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	218	
Total Fat	2 g	
Protein	21 g	
Carbohydrates	28 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	771 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	2 ounces
Dairy	1/4 cup

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bankers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.